Mental Health First Aid trainings

Open to all community members of Milford, West Haven, New Haven, Bethany, Orange & Woodbridge.
(Per Grant Requirements.)

Adult Mental Health First Aid
teaches Adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional help.

Youth Mental Health First Aid
teaches Adults how to identify, understand & respond to signs of mental health and substance use challenges among children & adolescents ages 12-18.

Youth Mental Health First Aid - Saturday, January 9, 2027 @ the West Haven Community Center, from 10:00 am - 2:00 pm. This is a Blended course and requires 2 hrs of online pre-work.

Spanish Speaking Youth Mental Health First Aid: Saturday, February 6, 2027 @ the West Haven Community Center, from 10:00 am - 2:00 pm. This is a Blended course and requires 2 hrs of online pre-work. This training is spoken entirely in Spanish.

Adult Mental Health First Aid: Monday, March 22, 2027 @ Parson's Center in Milford, from 10:00 am - 2:00 pm. This is a Blended course and requires 2 hrs of online pre-work.

- Participants who complete the training will receive a 3-year MHFA certificate and continuing education units.
- The training and all course materials are provided through a Mental Health Awareness Training grant, funded by SAMHSA.
- Training participants will be asked to complete a pre, post and 6-month follow up survey.
- This course is a Blended course which requires 2 hrs of online pre-work that must be completed prior to attending the training.

Register at www.BridgesCT.org/MHFA or scan the QR code.

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Questions?
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BRIDGES Healthcare

SAMHSA
Substance Abuse and Mental Health Services Administration